

Reflections

April 2, 2020

The Covid-19 projections keep getting worse. The latest estimates from the White House show that around April 15-21 the US will reach its peak in infections with 5000 people dying per day. I can't wrap my head around that. My heart can't hold that much sorrow.

These next two weeks we'll see infections double every two days. We could easily get caught up in that.

Please stay home. If you are on campus, maintain the social distancing at all times. No lunchroom—eat at your desk. If you visit, stay six feet away. Bring a Clorox wipe with you everywhere. Wipe everything. All the time.

I worry about you all. Anne is worried about me being on campus and therefore I am worried about any of you on campus. Please stay home. Please practice social distancing. This is serious. I care about all of you and without great attention to detail; some of you may get really sick and/or die. My heart can't hold that much sorrow.

On a lighter note...I'm really pleased with the latest free meditation that will be released on Saturday. It's titled *Restore Your Energy* and it's designed to dovetail with a blog that Leslie wrote (in my name) about DEC. The meditation features our friend, the REBAL, and how you use it to restore energy depleted by stress and tension. In addition, REBAL is very good for keeping out unwanted energy fields (can we say news about Covid-19?) Bob did a great job of setting music to it. Check it out on our Facebook page.

The Salon for Saturday is a go. We sent out the invitation email to PD members as a test for interest and our ability to manage Zoom in that setting. Good news: we got three reservations in the first 2 hours.

Our board has been very engaged with helping Amenie submit applications for SBA forgivable loans this afternoon. It is so nice to have their support.

We had our first check-in meeting with Leadership Team A this morning. We went a tad long, 23 minutes, and it was wonderful to hear how everyone was doing and all that everyone was up to. Even working at home we have great things being accomplished.

Take care. Be careful.
See you tomorrow.

Scott